

INTISARI

Tujuan dari penelitian ini adalah untuk mengetahui pengaruh perbandingan filtrat bekatul dengan tepung edamame dan pengaruh konsentrasi maltodekstrin terhadap karakteristik bubur instan organik. Manfaat dari penelitian ini adalah untuk mengoptimalkan pemanfaatan bekatul dan edamame berbasis organik. Penelitian ini menggunakan Rancangan Acak Kelompok (RAK) terdiri dari dua faktor. Faktor pertama yaitu perbandingan filtrat bekatul dengan tepung edamame (T) terdiri dari tiga taraf yaitu: t_1 (3:1), t_2 (4:1), t_3 (5:1). Faktor kedua yaitu konsentrasi maltodekstrin (M) terdiri dari tiga taraf yaitu: m_1 (3%), m_2 (5%), m_3 (7%). Respon yang digunakan dalam penelitian meliputi respon fisik yaitu kecepatan melarut, respon kimia yaitu kadar pati, kadar protein, kadar air, kadar serat kasar, kadar vitamin B₁, dan penetuan (%) Angka Kecukupan Gizi (AKG), dan respon organoleptik yaitu warna, aroma, rasa, dan kekentalan.

Hasil penelitian menunjukkan bahwa perbandingan filtrat bekatul dengan tepung edamame berpengaruh terhadap kecepatan melarut, kadar pati, kadar protein, warna, rasa, dan kekentalan. Konsentrasi maltodekstrin berpengaruh terhadap kecepatan melarut, kadar pati, dan kadar protein. Interaksi antara perbandingan filtrat bekatul dengan tepung edamame dan konsentrasi maltodekstrin berpengaruh nyata terhadap kadar protein, aroma, dan rasa. Sampel terpilih yaitu t_1m_1 dengan nilai kecepatan melarut 51.32 detik, kadar pati sebesar 63.213%, kadar protein sebesar 15.129%, kadar air sebesar 5.963%, kadar serat kasar sebesar 2.985%, Angka Kecukupan Gizi 32.052 %, dan kandungan vitamin B₁ < 0.15 mg/100 gram.

Kata kunci : Bubur instan organik, filtrat bekatul, maltodekstrin, tepung edamame.

ABSTRACT

This research has purpose to know the influence of comparison filtrate bran with edamame flour and the influence of the concentration of maltodextrin to the characteristics of organic instant porridge. The benefits of this research is to optimize the utilization of bran and edamame based on organic. This research uses a Randomized Block Design (RBD) consists of two factors. The first factor is the comparison of filtrate bran with edamame flour (T) consists of three levels: t_1 (3:1), t_2 (4:1), and t_3 (5:1). The second factor is the concentration of maltodextrin (M) consists of three levels: m_1 (3%), m_2 (5%), and m_3 (7%). Response used in research include physical response is speed dissolves, chemical responses are starch content, protein content, water content, coarse fiber, vitamin B₁ content, and determination of nutritional adequacy rate (%). And organoleptic responses are color, aroma, flavor, and viscosity.

The results of the research showed that the comparison of filtrate bran with edamame flour effect on speed dissolves, starch content, protein content, color, flavor, and viscosity. The concentration of maltodextrin effect on speed dissolves, starch content, and protein content. The interaction between the comparison of filtrate bran with edamame flour and the concentration of maltodextrin effect on protein content, aroma, and flavor. Selected samples is t_1m_1 with value of speed dissolves 51.32 seconds, starch content 63.213%, protein content 15.129%, water content 5.963%, coarse fiber 2.985%, nutritional adequacy rate 32.052 %, and vitamin B₁ content < 0.15 mg/100 gram.

Keywords : Organic instant porridge, filtrate bran, maltodextrin, edamame flour.